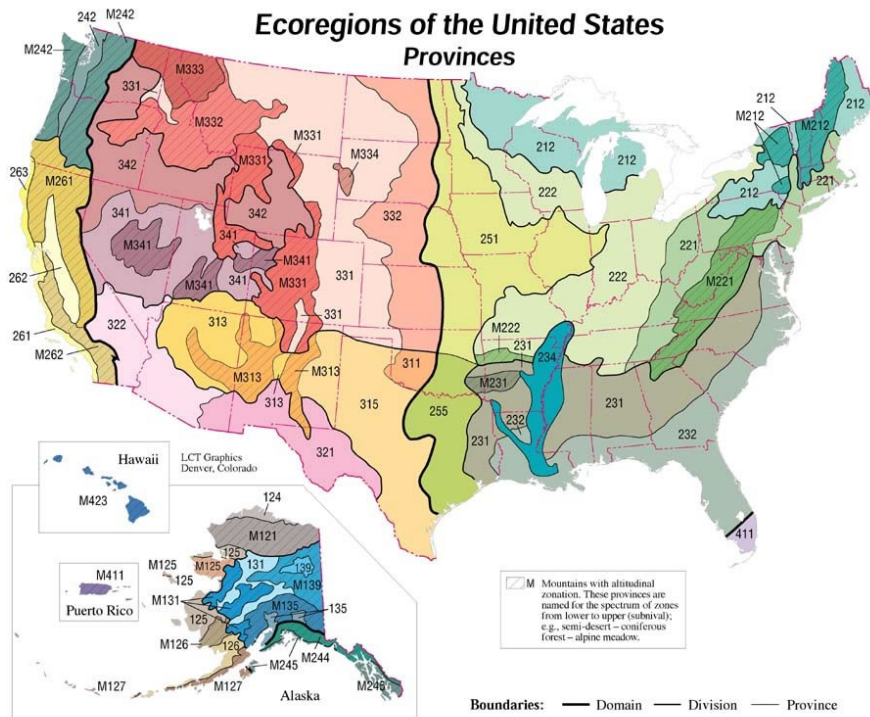


Stop and Smell the Flowers

While monarch caterpillars rely solely on milkweed for food, the adult butterflies visit any number of flowers to find nectar. In addition to planting milkweed, you can help monarchs by having a variety of flowering plants in your garden. Remember, these butterflies will spend all summer in this region, so it's important to include plants that flower at different times of the season. To find out what plants are right for you, head to:

http://www.xerces.org/wp-content/uploads/2014/09/MidwestPlantList_web.pdf

For more help in determining if plants are native to your area here is a great map of ecoregions.



<http://www.fs.fed.us/rm/ecoregions/images/maps/ecoregions-united-states.jpg>